**Aug. 7 2002**

After about two weeks of very uncomfortable sleep, sometimes no sleep at all, I decided it was time to see a doctor. Instead of seeing an MD I chose to see a psychologist who specialized in sleep therapy. After much talk about my many restless nights, Dr. Netzinsky ordered me to write in a journal or 3 days about my days and nights. So, here it goes: Last night I went to bed around 10:30. I went about my usual nightly routine of catching up on my favorite sitcom on ABC Family. I started to doze off at around 11:26 but forced myself to watch the end of the show. After the show ended I turned the volume down and rolled over to try and sleep. After about 20 minutes of constantly shifting positions and counting sheep I decided to get up and take a sleeping pill. The last time I looked at the clock it read 12:16; I had work the next morning, (today) at 6am which means I get up at 5am. I got almost four and a half hours of sleep last night.

**Aug. 8 2002**

Today was a busy day at work and all I wanted to do was come home and relax. When I got home at 2:30 I made some coffee and went to the living room to read a novel I’ve been working on. I ended up taking a two hour nap on my couch. When I woke up, and got reoriented, I didn’t feel like making dinner so I went out to eat with some friends at a local bar downtown. I returned home at about 7:00. After changing into more comfortable clothes, I sat down to do some paperwork that was due tomorrow morning at work. I finished all my work and headed to bed. As usual I turned on the TV, watched my favorite show, and then rolled over to sleep. I managed to get an hour in before I woke up to the TV blaring because my cat was laying on the remote, and just happened to have her paw on the volume button. After getting everything resituated I fell back to sleep. I woke 4 other times that night.

**Aug. 9 2002**

Finally today is Friday! After a terribly busy and sleepless week, I decided to call off work today. I do not normally miss work but after last night I thought my presence there would only slow things down. Last night was probably one of the worst nights in the past two weeks. I had to stay later at work yesterday because my boss wanted to talk about the audits I submitted. He explained that I made a few errors in the forms and that they would need to be redone. He told me he noticed a slight digress in my attitude towards my work and coworkers. After a lot of nodding and “yes sirs’” I made my way home; it was then I figured I would make Friday (today) my re-doing paperwork day. So anyways, my day didn’t end till midnight. I even missed my show because all of the paperwork. I got into bed and didn’t at all last night. I suppose all the stress with work is really taking its toll on me. Well today I have an appointment with Dr. Netzinsky at 3:00 so I’m going to take a nice long nap until then!

**Aug. 10 2002**

Well, my appointment with Dr. Netzinsky went pretty well. She said I may have a very minor however progressing case of insomnia. She explained to me that a lot of my “lifestyle” choices were really affecting my sleeping patterns. She advised me to turn the TV off at night. It’s ok to watch your show, but when it’s finished, you are too, she said. Apparently, leaving the TV on at night can cause major disturbances while asleep because of the noise and light it projects. She also says that if I need to take naps during the day that to take no longer than a half hour one. This has to do with the stages of sleep that I thought was very interesting to hear! Lastly, Dr. Netzinsky said to try to get my work done right away so it would be less I had to worry about. The less I have to worry about equals less stress! Even after a slight better night of sleep, Dr. Netzinsky wants me to continue writing in this journal for another week to chart progress, if any, that I have. Also journal, if this simple therapy doesn’t work I’ll have to get scheduled for a sleep test, so fingers crossed!!